

## Belmont Plaza Olympic Pool

4000 E. Olympic Plaza, Long Beach, CA 90803

Phone: (562) 570-1806 / Fax: (562) 570-1810

The Belmont Plaza Olympic Pool staff is committed to maintaining consistently high standards in nurturing and caring for participants of all ages.

### SPECIAL EVENTS

SEE CALENDAR

### **PUBLIC SWIM HOURS:**

#### Monday through Friday

**Lap Swim** M-F 5:30 - 9:30 AM

**Adult Recreation Swim** M-F 9:30 AM - 1:30 PM

**Parent & Child Swim** M/W/F 9:30 AM - 11:00 AM  
Children must be accompanied by a parent in the water during this session.

**Adult Lap Swim** M-F 4:00 PM - 7:00 PM  
Four shallow end lanes available during this session, circle swim required.

**All Ages Recreation Swim** M-Thurs 7:15 - 9:00 PM  
Swimming gear is not allowed at this time (kickboards, pull-buoys, etc).

#### Saturday

**Lap Swim** Saturday 8:00 AM - 12:00 PM

**All Ages Recreation Swim** Saturday 12:00 PM - 2:00 PM  
Swimming gear is not allowed at this time (kickboards, pull-buoys, etc).

#### Water Exercise Class:

**Fees: \$4.00 per class or \$35 for 10 passes**

**Deep Water Exercise:** M-F 6:30 AM - 7:30 AM  
Saturday 8:15 AM - 9:15 AM

**Shallow Water Exercise:** M-F 8:00 AM - 9:00 AM  
M-F 6:00 PM - 7:00 PM

- The weight room is open for adult use during the hours shown above. Closed toe shoes and shirts must be worn at all times.

#### **Swim Lessons:**

Swim lesson registrations are accepted on an on-going basis at the pool from 8 AM-7 PM, weekdays. Online and telephone registration is available for all group lessons. Please register one week in advance. Lessons are offered on M/W or T/TH for 4 or 5 weeks depending on special events. Fees are based on 10 classes and will be pro-rated when applicable. **Lesson Fees: Youth: \$42.00 Adult: \$48.00**

## City of Long Beach Parks, Recreation and Marine Community Recreation Programs and Services

**FEES: Swim fee per entry**

**Youth (17 and under): \$1.75 Adults (18 and over): \$2.50**

**Swim Passes available for 25 visits:**

**Youth: \$40.00 Adults: \$54.00**



### **OCTOBER 2006**

Mon	Tue	Wed	Thu	Fri	Sat
2	3	4	5	6	7
9 <b>Columbus Day</b>	10 Wilson HS Boys Water Polo Game 5:30 - 8:30 pm	11 Last Day M/W Fall 1 Swim Lessons	12 Last Day T/Th Fall 1 Swim Lessons Wilson HS Boys Water Polo	13	14 Wilson HS Boys Water Polo Game 4 - 7 pm
16 First Day M/W Fall Swim Lessons Session Two	17 First Day T/TH Fall 2 Swim Lessons Wilson HS Boys Water Polo	18	19	20	21
23	24	25	26	27	28
30	31 <b>Happy Halloween</b>				